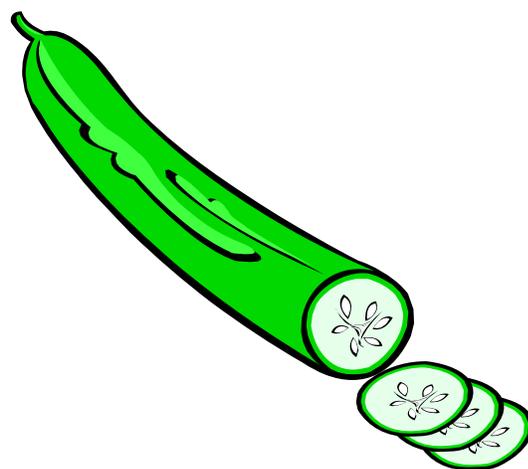


CUCUMBER RAITA

2 cups plain low-fat yogurt, drained
1 cup currants or raisins
1/2 cup walnuts, chopped
1 large cucumber, peeled, seeded and diced
2 tablespoons mint leaves, minced
Fresh ground black pepper



1. Boil raisins in 1 cup water for 1 minute. Leave to soak for 5 minutes then drain well.
2. Toast walnuts for 10 minutes in a 350°F oven. Cool completely.

Combine all ingredients in a bowl. Chill for 30 minutes, stir before serving.

Makes 4 servings.

Nutritional information per serving:

| | |
|----------------------|----------|
| Calories: | 283.5 |
| Total fat: | 11.65g |
| % calories from fat: | 37% |
| Calcium: | 279.25mg |

